朝陽科技大學 095學年度第1學期教學大綱
Volley ball 排球

當期課號	0001	Course Number	0001
授課教師	林宛諭	Instructor	LIN,WAN YU
中文課名	排球	Course Name	Volley ball
開課單位	選項體育課群(日)	Department	
修習別	選擇必修	Required/Elective	Sports Elective
學分數	0	Credits	0
課程目標	挑戰自我彈性與耐力性的運動，並且培養彼此默契的運動，兩隊(雙方)對抗，用手擊球過網以決勝負的球類運動。它不但是在球場上進行技術、體力、智力與心理等各方面的較量；其技術的層面對比賽結果的影響最爲顯著，排球運動中的技術繁多，包括發球、傳接球、拳球、扣球、攔網、	Objectives	Course description: A sport with the challenge of self-elasticity and endurance. It is an exercise among 2 teams that scored by hitting the ball with hands cross the net; it develops the tacit agreement among teammates. Volleyball is a competition not only among the strategies, but also among physical strength, intelligence, and psychology. There are lots of volleyball strategies that have distinct influence on the result of a competition. Volleyball strategies include serving a ball, passing a ball, hitting a ball, knotting a ball, blocking, defense, etc.
教材	排球、排球場、哨子	Teaching Materials	
成績評量方式	期中考30% 期末考30% 平時成績40%	Grading	mid-test 30% final-test 30% ordinarily accomplishment 40%
教師網頁			
教學內容	1.排球史、規則介紹 2.發球、低手傳球、高手傳球 3.舉球扣殺 4.快攻、長攻練習 5.攔網、救球練習	Syllabus	1.introduce volleyball history & rules 2.serve a ball an underhand pass & master-hand 3.raise ball to smash 4.swift smash & long attack 5.practice to block and rescue ball

尊重智慧財產權，請勿非法影印。